



# INDEPENDENT CATERING | EDUCATER LIMITED

WEEK  
1

Made in your school kitchen! We prepare and cook all our menu items, so if you need to know the ingredients - please ask  
All our meals are made daily from fresh locally sourced and seasonal produce from Kent

**DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE**



| MONDAY 23 FEBRUARY  | TUESDAY 24 FEBRUARY   | WEDNESDAY 25 FEBRUARY  | THURSDAY 26 FEBRUARY  | FRIDAY 27 FEBRUARY  |
|---|---|--|---|---|
| Quorn Dippers ('Sweet and Sour' Sauce on the Side) <b>(1, 8, 10, 14)</b><br>VEGAN | Vegetable Lasagne with Garlic Bread <b>(1, 7, 8, 9, 11)</b><br>(May Contain 10) | Cheese and Roast Vegetable Quiche <b>(1, 7, 9)</b><br>(May Contain 10)                           | <b>Around the World</b><br><br><b>USA</b><br>Traditional Bean Stew (Mardi Gras Bean Gumbo) with Crusty Bread <b>(1, 8, 10)</b> VEGAN<br>Chicken and Vegetable Rice (Jambalaya) <b>(1, 10)</b><br>Mac n' Cheese <b>(1, 9, 11)</b><br>[May Contain 8] | Homemade Chickpea Burger in a Bun <b>(1)</b><br>(May Contain 13)<br>VEGAN |
| Chicken Nuggets ('Sweet and Sour' Sauce on the Side) <b>(1, 8, 10, 14)</b>        | 3 Cheese Pasta <b>(1, 9, 11)</b><br>(May Contain 10)                            | Roast Gammon and Pineapple with Gravy  |   | Breaded Fish <b>(1, 4)</b>  |
| Chunky Tomato Pasta <b>(1)</b><br>(May Contain 10)                                | Fresh Pesto Pasta <b>(1)</b><br>(May Contain 10)                                | Mixed Pepper Pasta <b>(1)</b><br>(May Contain 10)  |   | Arrabiata Pasta Twirls <b>(1)</b><br>(May Contain 10)                     |
| Jacket Potato with Topping of the Day   | Jacket Potato with Topping of the Day   | Jacket Potato with Topping of the Day  |   | Jacket Potato with Topping of the Day                                     |
| Savoury Rice with Garden Peas and Salad Bar                                       | Fresh Carrots and Salad Bar   | Roast Potatoes, Roasted Vegetables and Green Beans<br><b>Try our Vegetable of the month (10)</b> | Jacket Potato with Choice of Topping<br>Mini Corn on the Cob  | Chips, Baked Beans and Salad Bar  |
| Oaty Apple Crumble with Custard <b>(1, 9)</b><br>(May Contain 8)                  | Tutti Frutti Tuesday  | Raspberry Ripple Sponge with Custard <b>(1, 7, 9)</b><br>(May Contain 8)                         | Banana Foster Cheesecake <b>(1, 9)</b><br>(May Contain 8)   | Chocolate Krispie <b>(1, 9)</b>   |

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • FRESH SALAD BAR**

## ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN  
2 CRUSTACEANS

3 MOLLUSCS  
4 FISH

5 PEANUTS  
6 NUTS

7 EGGS  
8 SOYBEANS

9 MILK  
10 CELERY

11 MUSTARD  
12 LUPIN

13 SESAME  
14 SULPHUR DIOXIDE

**\*ALL OUR MENUS ARE TREE NUT AND PEANUT FREE**

INGREDIENTS CONTAINING GLUTEN (INDICATED BY THE NUMBER 1 ON THE MENU) WILL CONTAIN WHEAT, OATS, BARLEY, SPELT, RYE OR KAMUT, OR A COMBINATION THEREOF. IF YOU HAVE ANY ALLERGEN CONCERNs PLEASE SPEAK TO THE CATERING MANAGER. WHILST WE DO NOT BRING WHOLE NUTS OR INGREDIENTS WITH NUTS INTO OUR KITCHENS, SOME PRODUCTS ARE SUBJECT TO 'MAY CONTAIN' STATUS IN MANUFACTURING

WE ONLY USE



Great Chart

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| MONDAY 2 MARCH   | TUESDAY 3 MARCH   | WEDNESDAY 4 MARCH   | THURSDAY 5 MARCH   | FRIDAY 6 MARCH  |
|--|---|---|--|---|
| Lentil and Bean Spaghetti Bolognaise and Garlic Bread<br><b>(1, 8)</b><br>(May Contain 10)<br><b>VEGAN</b> | Roast Vegetable & Bean Wrap<br><b>(1, 11)</b><br>(May Contain 10)<br><b>VEGAN</b> | Winter Vegetables served in a Yorkshire Pudding<br><b>(1, 7, 9)</b><br>(May Contain 10) | Veggie Mince Taco with Rice<br><b>(8,11)</b><br>(May Contain 10)<br><b>VEGAN</b> | Vegetable Sausage with a Bun (with Ketchup on the Side)<br><b>(1)</b><br>(May Contain 13)<br><b>VEGAN</b> |
| Beef Spaghetti Bolognaise and Garlic Bread<br><b>(1, 8)</b><br>(May Contain 10)                            | Chicken Wrap served with BBQ Sauce<br><b>(1, 8)</b><br>(May Contain 9, 10, 11)    | Roast Beef with a Yorkshire Pudding and Gravy<br><b>(1, 7, 9)</b>                       | Fajita Chicken Taco with Rice<br><b>(11)</b><br>(May Contain 10)                 | Cheese Pinwheel<br><b>(1.9)</b>   |
| Chunky Tomato Twirls<br><b>(1)</b><br>(May Contain 10)   | Mac n' Cheese<br><b>(1, 9, 11)</b><br>(May Contain 8)                             | Tomato and Basil Pasta<br><b>(1)</b><br>(May Contain 10)                                | Fresh Pesto Pasta<br><b>(1)</b><br>(May Contain 10)                              | Mixed Vegetable Ragu Twirls<br><b>(1)</b><br>(May Contain 10)   |
| Jacket Potato with Topping of the Day  | Jacket Potato with Topping of the Day   | Jacket Potato with Topping of the Day   | Jacket Potato with Topping of the Day  | Jacket Potato with Topping of the Day   |
| Fresh Broccoli and Salad Bar   | Herby Potatoes,<br>(May Contain 10)<br>Garden Peas and Salad Bar                  | Roast Potatoes, Fresh Carrots and Cabbage<br><b>Try our Vegetable of the month (10)</b> | Sweetcorn and Peas and Salad Bar   | Chips, Garden Peas and Salad Bar  |
| Steamed Apple and Pear Sponge with Custard<br><b>(1, 7, 9)</b><br>(May Contain 8)                          | Tutti Frutti Tuesday  | Toffee Sponge and Custard<br><b>(1, 7, 9, 14)</b><br>(May Contain 8)                    | Chocolate and Orange Brownie<br><b>(1, 7)</b><br>(May Contain 8)                 | Oat Cookie<br><b>(1)</b><br>(May Contain 8)   |

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • FRESH SALAD BAR**

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**2 CRUSTACEANS**

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**4 FISH**

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**9 MILK**  
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**11 MUSTARD**  
**12 LUPIN**

**13 SESAME**  
**14 SULPHUR DIOXIDE**

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| MONDAY 9 MARCH   | TUESDAY 10 MARCH   | WEDNESDAY 11 MARCH  | THURSDAY 12 MARCH  | FRIDAY 13 MARCH   |
|--|--|---|--|---|
| Mixed Vegetable Korma with Rice and Naan Bread<br><b>(1)</b><br>(May Contain 10, 11)<br><b>VEGAN</b> | Mixed Bean Chilli in a Taco with Tomato Rice<br>(May Contain 10)<br><b>VEGAN</b> | Roasted Tomato, Carrot and Lentil Loaf<br><b>(7)</b><br>(May Contain 10)                  | Cheese, Potato and Leek Turnover<br><b>(1, 9)</b>          | Pesto Halloumi and Roasted Vegetables with Pitta Bread<br><b>(1, 9)</b><br>(May Contain 10) |
|  | Beef Nachos<br><b>(9)</b><br>(May Contain 1, 10, 11)                             | Roast Turkey with Stuffing and Gravy<br><b>(1)</b>  | Homemade Sausage Roll<br><b>(1, 8, 9, 14)</b>              | Fishfingers<br><b>(1, 4)</b><br>or Salmon Fishcake<br><b>(1, 4)</b>                         |
| Mac n' Cheese<br><b>(1, 9, 11)</b><br>(May Contain 8)  | Roasted Vegetable Pasta Bows<br><b>(1)</b><br>(May Contain 10)                   | Mixed Pepper Pasta<br><b>(1)</b><br>(May Contain 10)                                      | Fresh Pesto Pasta<br><b>(1)</b><br>(May Contain 10)        | Tomato Sauce served with Pasta Bows<br><b>(1)</b><br>(May Contain 10)                       |
| Jacket Potato with Topping of the Day  | Jacket Potato with Choice of Toppings  | Jacket Potato with Topping of the Day   | Jacket Potato with Topping of the Day                      | Jacket Potato with Topping of the Day   |
| Sweetcorn and Salad Bar  | Green Beans, Tomato Salsa and Salad Bar  | Roast Potatoes, Roasted Vegetables and Peas<br><b>Try our Vegetable of the month (10)</b> | Broccoli, Herby Potatoes<br>(May Contain 10) and Salad Bar | Chips, Baked Beans and Salad Bar  |
| Caramelised Pear and Apple Cake with Custard<br><b>(1, 7, 9)</b><br>(May Contain 8)                  | Iced Carrot Cake<br><b>(1, 7, 9)</b><br>(May Contain 8)                          | Chocolate Sponge and Chocolate Sauce<br><b>(1, 7, 9)</b><br>(May Contain 8)               | Tutti Frutti Thursday                                      | Oaty Cherry Cookie<br><b>(1, 14)</b><br>(May Contain 8)                                     |

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • FRESH SALAD BAR**

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| MONDAY 16 MARCH   | TUESDAY 17 MARCH   | WEDNESDAY 18 MARCH   | THURSDAY 19 MARCH   | FRIDAY 20 MARCH |
|---|--|--|---|-----------------|
| Katsu Quorn Dippers ('Katsu' Sauce on the Side)<br><b>(1, 8)</b><br>VEGAN | <b>Around the World</b><br><br><b>BRAZIL</b> | Cheese and Roast Vegetable Quiche<br><b>(1, 7, 9)</b><br>(May Contain 10)                                | Cheese and Tomato Pizza<br><b>(1, 8, 9)</b><br>(May Contain 7,10)                   | Grab a Bag      |
| Chicken Nuggets ('Katsu' Sauce on the Side)<br><b>(1, 8, 10)</b>          | Brazilian Vegetable Stew (Moqueca de Legumes Vegan)<br>(May Contain 10)<br>VEGAN   | Roast Gammon and Pineapple with Gravy  |  |                 |
| Chunky Tomato Pasta<br><b>(1)</b><br>(May Contain 10)                     | Lemon Chicken and Steamed Rice<br>(Frango Grelhado com Limão with Arroz Branco)<br><b>(8, 11)</b><br>(May Contain 10)          | Mixed Pepper Pasta<br><b>(1)</b><br>(May Contain 10)   | Fresh Pesto Pasta<br><b>(1)</b><br>(May Contain 10)                                 |                 |
| Jacket Potato with Topping of the Day                                     | Tomato Pasta (Maccarronada)<br><b>(1)</b><br>(May Contain 10)  | Jacket Potato with Topping of the Day  | Jacket Potato with Topping of the Day   |                 |
| Savoury Rice with Garden Peas and Salad Bar                               | Jacket Potato with Choice of Topping<br>Sautéed Greens with Carrot (Couve Refogada)  | Roast Potatoes, Roasted Vegetables and Green Beans<br>Try our Vegetable of the month<br>(May Contain 10) | Baked Beans, Diced Potatoes and Salad Bar   |                 |
| Oaty Apple Crumble with Custard<br><b>(1, 9)</b><br>(May Contain 8)       | Banana Sponge Cake (Bolo de Banana)<br><b>(1,7)</b><br>(May Contain 8)   | Raspberry Ripple Sponge with Custard<br><b>(1, 7, 9)</b><br>(May Contain 8)                              | Tutti Frutti Thursday   |                 |

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • FRESH SALAD BAR**

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| MONDAY 23 MARCH  | TUESDAY 24 MARCH  | WEDNESDAY 25 MARCH   | THURSDAY 26 MARCH  | FRIDAY 27 MARCH   |
|--|---|--|--|---|
| Lentil and Bean Spaghetti Bolognaise and Garlic Bread<br><b>(1, 8)</b><br>(May Contain 10)<br><b>VEGAN</b> | Roast Vegetable & Bean Wrap<br><b>(1, 11)</b><br>(May Contain 10)<br><b>VEGAN</b> | Winter Vegetables Served in a Yorkshire Pudding<br><b>(1, 7, 9)</b><br>(May Contain 10)                | Veggie Mince Taco with Rice<br><b>(8,11)</b><br>(May Contain 10)<br><b>VEGAN</b> | Vegetable Sausage with a Bun (with Ketchup on the Side)<br><b>(1)</b><br>(May Contain 13)<br><b>VEGAN</b> |
| Beef Spaghetti Bolognaise and Garlic Bread<br><b>(1, 8)</b><br>(May Contain 10)                            | Chicken Wrap served with BBQ sauce<br><b>(1, 8)</b><br>(May Contain 9, 10, 11)    | Roast Beef with a Yorkshire Pudding and Gravy<br><b>(1, 7, 9)</b>                                      |  | Sausage with a Bun (with Ketchup on the Side)<br><b>(1, 14)</b><br>(May Contain 13)                       |
| Chunky Tomato Twirls<br><b>(1)</b><br>(May Contain 10)   | Mixed Pepper Pasta<br><b>(1)</b><br>(May Contain 10)                              | Tomato and Basil Pasta<br><b>(1)</b><br>(May Contain 10)   | Mac n' Cheese<br><b>(1, 9, 11)</b><br>(May Contain 8)                            | Mixed Vegetable Ragu Twirls<br><b>(1)</b><br>(May Contain 10)   |
| Jacket Potato with Topping of the Day  | Jacket Potato with Topping of the Day   | Jacket Potato with Topping of the Day  | Jacket Potato with Topping of the Day  | Jacket Potato with Topping of the Day   |
| Fresh Broccoli and Salad Bar   | Herby Potatoes, (May Contain 10)<br>Garden Peas and Salad Bar                     | Roast Potatoes, Fresh Carrots and Cabbage<br><b>Try our Vegetable of the month</b><br>(May Contain 10) | Sweetcorn and Peas and Salad Bar   | Chips, Baked Beans and Salad Bar  |
| Steamed Apple and Pear Sponge with Custard<br><b>(1, 7, 9)</b><br>(May Contain 8)                          | Tutti Frutti Tuesday  | Toffee Sponge and Custard<br><b>(1, 7, 9, 14)</b><br>(May Contain 8)                                   | Chocolate and Orange Brownie<br><b>(1, 7)</b><br>(May Contain 8)                 | Oat Cookie<br><b>(1)</b><br>(May Contain 8)   |

**AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD (1, 8) • JELLY • FRESH FRUIT • CHEESE BISCUITS (1, 9) • FRESH SALAD BAR**

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FRESHUKBEEF



FRESHUKPORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

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| MONDAY 30 MARCH   | TUESDAY 31 MARCH   | WEDNESDAY 1 APRIL  | THURSDAY 2 APRIL  | FRIDAY 3 APRIL |
|---|--|--|---|----------------|
| Chickpea Korma with Rice and Naan Bread<br><b>(1)</b><br>(May Contain 10, 11)<br><b>VEGAN</b> | Mixed Bean Chilli in a Taco with Tomato Rice<br>(May Contain 10)<br><b>VEGAN</b> | Roasted Tomato, Carrot and Lentil Loaf<br><b>(7)</b><br>(May Contain 10)                                 | Pesto Halloumi and Roasted Vegetables with Pitta Bread<br><b>(1, 9)</b><br>(May Contain 10) |                |
| Mild Chicken Curry with Rice and Naan Bread<br><b>(1)</b><br>(May Contain 10, 11)             | Beef Nachos<br><b>(9)</b><br>(May Contain 1, 10, 11)                             | Roast Turkey with Stuffing and Gravy<br><b>(1)</b>   | Baked Cheese and Tomato Pittas<br><b>(1,9)</b>  |                |
| Mac n' Cheese<br><b>(1, 9, 11)</b><br>(May Contain 8)   | Roasted Vegetable Pasta Bows<br><b>(1)</b><br>(May Contain 10)                   | Mixed Pepper Pasta<br><b>(1)</b><br>(May Contain 10)   | Tomato Sauce served with Pasta Bows<br><b>(1)</b><br>(May Contain 10)                       |                |
| Jacket Potato with Topping of the Day   | Jacket Potato with Choice of Toppings  | Jacket Potato with Topping of the Day  | Jacket Potato with Topping of the Day   |                |
| Sweetcorn and Salad Bar   | Green Beans, Tomato Salsa and Salad Bar  | Roast Potatoes, Roasted Vegetables and Peas<br><b>Try our Vegetable of the month</b><br>(May Contain 10) | Chips, Baked Beans and Salad Bar  |                |
| Caramelised Pear and Apple Cake with Custard<br><b>(1, 7, 9)</b><br>(May Contain 8)           | Iced Carrot Cake<br><b>(1, 7, 9)</b><br>(May Contain 8)                          | Chocolate Sponge and Chocolate Sauce<br><b>(1, 7, 9)</b><br>(May Contain 8)                              | Easter Cookies & Cakes<br><b>(1, 7, 9, 14)</b><br>(May Contain 8)                           |                |

**Good Friday**

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